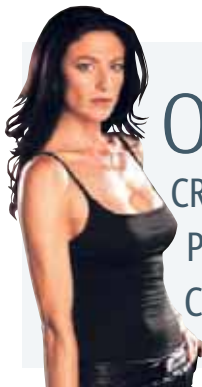


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 Tuesday, February 19, 2013
 News worth sharing.

Pothole claims rejected

Whole lot of nothin'.

City program turns down most applicants looking for damage claims

RYAN TUMILTY
 ryan.tumilty@metronews.ca

Pothole season costs the City of Edmonton in road crews, asphalt and gravel, but it costs it relatively little in compensation, as more than 70 per cent of pothole damage claims are rejected.

Don Marshall, the city's director of risk management, said Edmonton has to balance claims with protecting taxpayer dollars.

"A lot of people just assume the city will pay for that, but on the flip side we have an obligation to follow the law and the statute and to taxpayers as well," he said.

According to the city, in 2011 it received 796 claims, but rejected 74 per cent of them and paid out \$110,142.

Marshall said one of the first hurdles is the pothole has to have been reported to the city.

He said with the number of potholes the city sees, crews can't always get to reported potholes immediately.

"If 5,000 or 10,000 new

Quoted

"There is a case to be made that would say anybody who damages their vehicle on a pothole ... should also be compensated."

Coun. Kerry Diotte arguing that the city should consider paying out more claims.

potholes come up every evening, for example, it is not reasonable that we get out and fix them every single morning."

Coun. Kerry Diotte argues the city should at least consider paying out more claims.

He said if a pothole is big enough to destroy a tire, it was dangerous and should have been repaired.

"There is a case to be made that would say anybody who damages their vehicle on a pothole, that they should also be compensated."

Diotte said a more robust compensation system might encourage the city to do more to fix potholes.

"We should try to be better at it," he said.

"We should be looking at new technologies. We should be trying to be a leader in all of this."



Potholes like this one can cause hundreds of dollars in damage when vehicles hit them. The city's compensation program only covers about 30 per cent of claims. METRO FILE

YEG LRT.ca an uplifting site

U of A student creates website that tracks LRT escalators, elevators to help people with disabilities

PAGE 3

Kids busted for imagination

U.S. gun debate re-heated after a slew of children get school suspensions for wielding imaginary weapons

PAGE 6

Nedohin and company go 5-0 at Scotties

Team Canada dusts off Newfoundland and Labrador to maintain perfect record

PAGE 28



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St. Albert. Park-and-ride will ease city congestion, officials say

A new St. Albert park-and-ride lot will be good for Edmonton as well, Edmonton's mayor and transit chief say.

At his state-of-the-city address last week, St. Albert Mayor Nolan Crouse announced the province has agreed to fund the project, provided details surrounding the land can be worked out.

The proposed lot would accommodate more than 1,600 vehicles and have room for 16 buses to pick up and drop off passengers. It would be built just south of Anthony Henday Drive near Mark Messier Trail.

Crouse said the lot will be pivotal for public transportation in the region.

"It is important in the short term and ultimately in the long term. I am sure it will fill up a lot faster than you can imagine," he said.

Mayor Stephen Mandel said Crouse was really looking at the big regional picture with this project.

"He sees the importance of how we can all work together for a more efficient movement of our citizens," Mandel said.

Bob Boutiller, Edmonton's general manager of transportation, said the St. Albert project will be good for Edmonton because it will reduce congestion.

"Just having the park-and-ride there and having people get out of their car and not coming downtown, that is a benefit to the city," he said.

RYAN TUMILTY/METRO

Online

For more local news, visit metronews.ca



U of A student Jordan Schulz's website takes data from the city to track elevator and escalator maintenance at sites such as the University LRT station.

LAURIE CALLEN/METRO

Uplifting website tracks LRT escalators, elevators

YEGLRT.ca. Student built site for people with disabilities who depend on escalators and elevators



LAURIE CALLEN
laurie.callen@metronews.ca

"Closed for maintenance" was an all-too-familiar phrase for Jordan Schulz.

So the University of Alberta student decided to do something about the seemingly endless maintenance of the U of A LRT escalators the best way he knows how: By taking the data and using it to provide a public service.

Maybe just take the stairs

- The website updates automatically, in real time, from city data, and each station update is automatically tweeted from its corresponding Twitter account.
- Jordan Schulz is a 21-year-old electrical engineering

student at the University of Alberta who takes the stairs, even if the escalator is running.

- Several escalators at Grandin and University stations will be out of service until the spring while the city does maintenance.

Schulz launched a parody website this year called UofAEscalator.com that makes light of the fact that the escalators at the University LRT station are almost always down (or so it always seems).

He was surprised when the website went viral.

Schulz then went to work on another website, YEGLRT.ca, which tracks elevator and escalator maintenance at 12 other Edmonton LRT stations. Previously he had worked on a co-op with the city, creating information boards at Southgate LRT station. He still had access to

the information and used that to create the website.

"It's really more for people with disabilities, and really that's primarily why that information is out there. When I developed the information (this summer), it was built in a way so the city could take the information and post it online, but nothing ever came of that," he said.

"So I thought, why don't I make the site and post it on my own dime as a public service?"

Transportation general manager Bob Boutiller applauds the initiative.

"I think it is a good idea in particular, because I know there is a certain part of the society that needs the escalator," he said.

1 NEWS

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Nicola, left, and Len Ramsey are two of four Slave Lake residents who wrote about first-hand accounts of the May 2011 wildfire. LAURIE CALLEN/METRO

Wildfire stories collected in new Slave Lake book

Disaster, exodus and new beginnings.

More than 100 first-person accounts woven together by committee of writers



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

The day after a wildfire ripped through her hometown in May 2011, Slave Lake resident and teacher Nicola Ramsey wrote down her story.

"I just wanted to kind of put it in perspective," she said. "And then I asked some people that I know if they would (write) me their story about what happened to them."

From there, the collection of stories from residents, first

responders and evacuation-centre volunteers snowballed.

Ramsey soon teamed up with Joe McWilliams, editor of the Slave Lake Lakeside Leader, who had an idea of putting together a book.

"We both agreed instantly that this was a great idea," said McWilliams. "Somebody had to do it, and why not us?"

The Sky Was On Fire: Slave Lake's Story of Disaster, Exodus and New Beginnings was self-published in December 2012 with the help of a government grant, and more than 2,000 copies have already been sold.

Ramsey's husband Len, also a teacher, and forestry educator M.J. Kristoff joined on, and the foursome asked for submissions from residents and conducted interviews with them, collecting more than 100 stories.

The 300-page hardcover

Buy the book

- The book is for sale in Slave Lake, online at stagenorth.org, and at Audrey's Books in Edmonton.
- According to Audrey's Books, the book has been one of their top non-fiction sellers.
- It is \$30, with proceeds going back to the Slave Lake community.

book is all of those stories woven into one narrative.

"We started thinking it would be a way to preserve some local history when it was fresh in people's minds," said Ramsey. "Then we realized maybe it was a little bit more than a history — it was also a way for people to heal."

Investigation continues

Wildfire response changed

Nearly six months after a wildfire chased 9,000 people from the town of Slave Lake, destroying more than 400 homes and structures, and leaving behind \$700 million in damage, arson was determined the cause.

K Division RCMP announced a year ago they were looking for six people seen in the area who could have information, but no further updates have been released.

In the meantime, there have been changes to the province's response to wildfires.

Duncan MacDonnell, public affairs officer with Alberta's Environment and Sustainable Resource Development department, said recommendations from a 2011 report are still being looked at, but that last year the wildfire operations centre was realigned, FireSmart programs expanded, and firefighting personnel and equipment sent one month early.

HEATHER MCINTYRE/METRO

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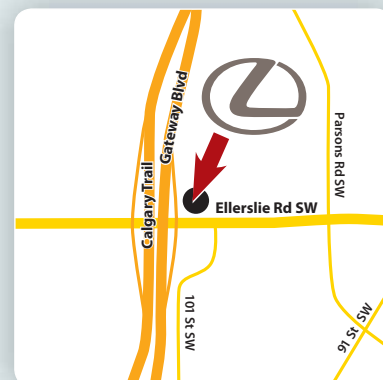
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Dr. Alan Bates.
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Game Changer

When psychiatry resident Dr. Alan Bates began volunteering with the Vancouver Street Soccer League, he had no idea how big an impact the game would have on the city's homeless population. Getting together to practice and play games – sometimes in international tournaments – has been incredibly beneficial for the lives and health of the players in the nine-team league. “The returns have been striking: Reduced alcoholism and hospitalizations, players finding homes and jobs. It’s amazing what a difference these games make.” **DOCSFORPATIENTS.CA**

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‘Just like that, she is gone’: Victim’s mom



Paralympic superstar Oscar Pistorius was charged on Thursday with the murder of his girlfriend, Reeva Steenkamp, pictured at a photo shoot, who was shot inside his home in South Africa. ICE MODEL MANAGEMENT/THE ASSOCIATED PRESS

Blade Runner. Family of model who was allegedly murdered by Paralympian superstar talks to newspaper

The family of Oscar Pistorius's slain girlfriend wants answers, her mother told a Johannesburg newspaper, as South Africans braced to hear why prosecutors believe a national hero

murdered the model who was shot multiple times.

June Steenkamp, Reeva Steenkamp's mother, told The Times in a front-page interview published Monday: “Why? Why my little girl? Why did this happen? Why did he do this?”

“Just like that, she is gone,” the newspaper quoted her as saying in what it described as an emotional telephone interview. “In the blink of an eye and a single breath, the most beautiful person who ever lived

is no longer here.”

Pistorius, who remains in custody in a red-brick, one-storey police station in Pretoria, is set to return to court on Tuesday for the start of his bail hearing. It will be the first opportunity for the prosecution to describe evidence police against the 26-year-old double-amputee runner and the reasons why he was charged with murder. Prosecutors allege the killing was premeditated.

THE ASSOCIATED PRESS

Alleged \$80M debt

Body of abducted Russian lawmaker found in barrel

The body of a Russian local lawmaker has been found cemented in a barrel, authorities say. Another politician has been accused of ordering the killing over an \$80-million debt.

Mikhail Pakhomov, 37, went missing last week. He was a member of the local legislature in Lipetsk, a city some 350 kilometres south of Moscow, and was last seen when three unidentified men pushed him into a car and drove away.

Russia's Investigative Committee says several suspects were detained in the case, and that authorities found Pakhomov's badly beaten body in a barrel of cement in a garage. The committee says Yevgeny Kharitonov, a former provincial official, is being held on suspicion of ordering the killing of Pakhomov.

THE ASSOCIATED PRESS

Gun debate. Kids busted over imaginary weapons

Kids with active imaginations? Or potential threats to school safety?

Some school officials are taking the latter view, suspending or threatening to suspend small children over behaviour their parents consider perfectly normal and age-appropriate — even now, with schools in a state of heightened sensitivity following the mass shooting at Sandy Hook Elementary in December.

The extent to which the Newtown, Conn., shooting might influence educators' disciplinary decisions is unclear. But parents contend administrators are projecting adult fears onto children who know little about the massacre of 20 first-graders and six educators, and who certainly pose no threat to anyone.

“It's horrible what they're doing to these kids,” said Kelly Guarna, whose five-year-old daughter, Madison, was suspended by Mount Carmel Area School District



Kelly Guarna and her five-year-old daughter, Madison, in Mount Carmel, Pa. THE ASSOCIATED PRESS

in eastern Pennsylvania last month for making a “terroristic threat” with a bubble gun. “They're treating them as mini-adults, making them grow up too fast and robbing them of their imaginations.”

The slew of recent high-profile suspensions over perceived threats or weapons infractions has renewed old questions about the wisdom of “zero tolerance” policies.

THE ASSOCIATED PRESS



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At least 3,000 children died in residential school system

Hard facts emerge.

Disease the lead killer, ahead of malnutrition, fire, drowning, suicide

At least 3,000 children are now known to have died while attending Canada's Indian residential schools, according to new unpublished research.

While deaths have long been documented in the residential school system, the findings are the result of the first systematic search of government, school and other records.

"These are actual confirmed numbers," Alex Maass, research manager with the Missing Children Project, told The Canadian Press from Vancouver. The number could rise as more documents come to light.

The largest killer, by far, was disease. For decades starting in about 1910, tuberculosis was a consistent killer. The Spanish flu epidemic in 1918-1919 also took a devastating toll. In one grim three-month period, the

The system

In all, about 150,000 First Nations children went through the church-run residential school system, which ran from the 1870s until the 1990s.

- **Curriculum.** In many cases, native kids were forced to attend under a federal policy of "civilizing" aboriginal peoples.

disease killed 20 children at a residential school in Spanish, Ont., the records show.

While statistical analysis has yet to be done, the records show children also died of malnutrition or accidents. Schools consistently burned down, killing students and staff. Drownings and exposure were other causes.

Many kids were physically, mentally and sexually abused. Some committed suicide.

Some died fleeing their schools, including four boys —



A tin grave marker of a student from St Joseph's Indian school in Chapleau, Ont. ALEX MAASS, HANDOUT/THE CANADIAN PRESS FILE

two aged 8 and two aged 9 — in January 1937. A Canadian Press report from Vanderhoof, B.C., describes how the four bodies were found huddled together in slush ice on Fraser Lake.

The records reveal the numbers only fell off dramatically after the 1950s, although some

occurred into the 1970s.

In fact, Maass said, student deaths were so much part of the system, architectural plans for many schools included cemeteries laid out in advance.

Maass said researchers had identified 50 burial sites as part of the project.

About 500 of the victims remain nameless. Documentation was contained in Department of Indian Affairs year-end reports, which abruptly stopped in 1917.

"It was obviously a policy not to report them," Maass said.

THE CANADIAN PRESS

Recruitment fund

Cops feel squeeze as program ends

The end of a federal program aimed at putting more cops on the street is threatening anti-gang squads and aboriginal police and could stretch existing resources across the country, law enforcement officials say.

The \$400-million Police Officer Recruitment Fund was set up in 2008 in order to add 2,500 new officers.

In Alberta, \$42.4 million allowed for the hiring of 83 officers to bolster the Alberta Law Enforcement Response Team, which has targeted gangs, drugs and child exploitation.

However, Michelle Davio, spokeswoman for the provincial Justice and Solicitor General Department, said funding for the positions will extend to the 2014-15 budget year.

Opposition Leader Tom Mulcair told a recent news scrum in Montreal that the Conservatives "like to snap their suspenders and tell everybody they're a law-and-order government."

"It's an irony to see them scaling back investments on law and order."

THE CANADIAN PRESS

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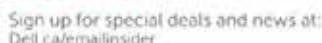


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Shiites protest in Pakistan after 89 killed

Sectarian attacks. Latest in string of violent acts against Muslim sect sparks outrage over government inaction

At least 15,000 Shia Muslims took to the streets in south-west Pakistan on Monday in a second day of protests after a bombing that killed 89 people.

Relatives of the victims refused to bury their loved ones until the army takes action against the militants targeting the minority sect.

Meanwhile, militants wearing suicide vests and disguised as police officers attacked the office of a senior political official in northwest Pakistan, killing six people, police said.

Pakistan has been besieged by militant attacks in recent years, many of them carried out by the Pakistani Taliban,

who have been waging a bloody insurgency against the government. Radical Sunni militant groups have also increasingly targeted the country's Shiites because they do not view them as real Muslims.

Many of the attacks have occurred in southwest Baluchistan province, which has the largest concentration of Shiites in Pakistan. Many are Hazaras, an ethnic group that migrated from Afghanistan more than a century ago.

The bomb that ripped through a produce market Saturday in Baluchistan's provincial capital of Quetta was the second mass-casualty attack targeting Shiites in the city in a little over a month. A double bombing of a billiards hall in January killed 86 people.

The death toll from the most recent blast, which was caused by a bomb hidden in a water tank, rose to 89 on Monday after eight people died of their wounds. **THE ASSOCIATED PRESS**



A police officer grieves Monday outside a hospital over the deaths of colleagues killed in a bombing in Peshawar, Pakistan. SOHAIL IQBAL/THE ASSOCIATED PRESS

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Cyclist bloggers. Round-the-world trip ends fatally in Thailand

A British couple's round-the-world cycling odyssey ended in tragedy when both of them were killed in a road accident in Thailand.

Peter Root and Mary Thompson, who had been chronicling their journey in the blog Two on Four Wheels, died Wednesday when they were hit by a pickup truck in a province east of Bangkok, Thai police said on Monday.

The couple, both 34 and from Guernsey in the Channel Islands, left Britain in July 2011 and had cycled through Europe, the Middle East, Central Asia and China.

The trip was a once-in-a-lifetime experience for the

couple, who met in art school and spent six years saving money and planning their journey. Peter's father Jerry Root told The Associated Press in an interview.

"They were both inspirational," Root said. "They didn't just talk about it, they did it. I couldn't be prouder of them."

He said they were both experienced cyclists who knew the rigours and risks of extended bicycle travel.

"What helps me is to think of how happy they were with each other. They were leading the life they wanted to," he said.

THE ASSOCIATED PRESS



British couple Peter Root and Mary Thompson, both 34, were killed in Thailand last week. JERRY ROOT/THE ASSOCIATED PRESS

Russia

Scientists recover meteor fragments

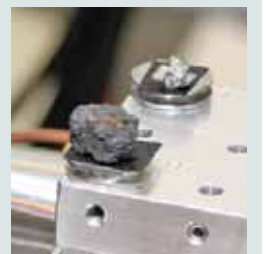
Scientists have found more than 50 tiny fragments of a meteor that exploded over Russia's Ural Mountains, and preliminary tests are turning up information about its contents.

However, local residents seem more interested in the black-market value of the fragments. As they search for their own pieces of the meteor, sales offers already are filling the Internet, and police are warning all purchasers to prepare for possible fraud.

The meteor — which

injured nearly 1,500 people and caused widespread property damage in Chelyabinsk city on Friday — was the largest recorded space rock to hit Earth in more than a century.

THE ASSOCIATED PRESS



Pieces of a meteorite are seen in a lab in Yekaterinburg, Russia, on Monday. THE ASSOCIATED PRESS

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Greece

Man released after attack on mine

A Greek prosecutor ordered the release Monday of a 54-year-old man hours after he was arrested in connection with an attack on a Canadian-owned gold mining operation in which about 40 masked intruders torched machinery and vehicles. He'd been arrested for "moral instigation" of the attack due to his contributions to an anti-mining blog.

Opposition to the Skouries mining project in Greece's Halkidiki peninsula runs deep. The mining company, Hellas Gold, is 95 per cent owned by Vancouver-based Eldorado Gold Inc., and is planning a gold mine and processing plant in the area.

Residents are divided between those who fear environmental destruction and those who support the mine for its job prospects at a time of severe financial crisis. **THE ASSOCIATED PRESS**

Focus groups pan Ottawa's pro-energy ads

Taxpayer-funded PR. Federal campaign to cast resource industries in a positive light needed tweaking, report shows

Focus-group testing on what the Harper government calls its Responsible Resource Development campaign found the advertising to be light on facts but uplifting and patriotic, according to a government-commissioned study.

The fruits of that taxpayer-funded labour will again be on display this spring as a second wave of ads — designed to persuade Canadians of "the importance and impact of Canada's energy sec-

tor" — hits the air.

Natural Resources Canada has budgeted \$9 million in the current 2012-13 fiscal year for ads that show a cross-section of resource industries in a job-friendly and environmentally sensitive light. It's a carefully calibrated exercise.

Last summer, NRCan hired Leger Marketing to fine-tune the government's proposed advertising campaign. The project included a national telephone poll of 2,000 respondents and two separate rounds of focus groups.

The Leger report, posted last week by Library and Archives Canada, details how original concepts for the ad campaign failed to impress a dozen focus groups spread across six Canadian cities.

THE CANADIAN PRESS



Telling whoppers on Twitter

Just call it a virtual Big Mac attack. On Monday, Burger King asked Twitter to suspend its account after it was apparently hacked. Starting just after noon Eastern time on Monday, the fast-food company's Twitter picture was changed to a McDonald's logo, the background picture changed to McDonald's new Fish McBites and the account tweeted that Burger King had been sold to rival McDonald's. Some posts from the account contained racial epithets, references to drug use and obscenities. Burger King hopes to have the account back up soon. **THE ASSOCIATED PRESS**

Can PlayStation 4 put some life back into home gaming?

It's been six years and counting now since the arrival of the PlayStation 3 — pretty much an eternity in tech years — but the wait may be at an end. Will Wednesday be the day that Sony announces PlayStation 4?

While there's yet to be any official word from the company, observers have been busy predicting what the long-awaited new system might be like.

It could feature a new control with touch pad capabilities, they say, like the PS Vita. It could allow more than one user to log in at the same time.

Quoted

"They are really angling for (the PS4 to be) a piece of your living room, not only as a gaming device but a digital lifestyle hub."

Scott Steinberg, gaming industry consultant

It will likely have a more advanced motion support system, and be able to stream games and content.

One thing is a fact: PlaySta-

tion 4 will represent Sony's attempt to put some interest back into the home gaming market and to quash rivals Nintendo and Microsoft once and for all, especially in the U.S.

"PlayStation 4 could potentially help reignite some interest in the retail console gaming market and top systems, much of the thunder of which has been stolen by smartphones, tablets and alternative gaming devices," said Scott Steinberg, a gaming industry consultant.

**MICHELLE CASTILLO/
METRO WORLD NEWS**

Charge it!

Bombardier to test electric buses in Montreal

Bombardier's electric transit technology will be tested next winter on buses in Montreal and then in early 2014 on an urban route

used by passengers in the German city of Mannheim.

The transportation giant's Primove technology is designed to allow buses to be charged by underground induction stations when they stop to let passengers hop on and off. Small amounts of energy emitted from an electromagnetic field are used to quickly

charge batteries on the bus and propel it to the next power source. That removes the need for lengthy overnight plug-ins, allowing the buses to remain on the road longer.

Bombardier will test the technology in Canada's harsh winter conditions at a special track on Ile-Ste-Helene. **THE CANADIAN PRESS**

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SHE SAYS...
Jessica Napier
metronews.ca

I am a self-appointed restaurant snob. The establishments I frequent usually don't seat more than 30 and are regularly featured on best-of lists. And yet, somehow I recently found myself

at an Olive Garden in upstate New York.

We arrived at 5:55 p.m., an undodly dinner hour for most urbanites, only to be told that the wait would be an hour and a half. Evidently, this wasn't just THE place to eat in Cheektowaga on a Saturday night. It was the only place to eat.

Made in America

Walls were lined with black-and-white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off the I-90.

Eventually, we were seated at a table with six extra-wide chairs equipped with wheels, presumably because some people are not physically capable of lifting themselves out of their seats after consuming deep-dish bowls of cheese ravioli. When our eager-to-please server arrived I noticed that she was wearing a green button emblazoned with the word "hospitaliano," a portmanteau describing the chain restaurant's unique brand of fauxtalian friendliness. Overwhelmed with the laminated booklet full of menu options, I asked her what she recommended. The effervescent 20-year-old lived up to her button mantra and told me to order anything I wanted and she'd make it happen.

I couldn't help drawing comparisons to my favourite no-reservations, no-substitutions authentic Italian restaurant in Toronto where the servers, most of whom look impossibly cool and beautiful, scorn anyone who dares to ask about customizing their meal. It's a sadistic dining experience in which you as the customer are never right and should feel lucky even to snag a spot in the restaurant. In most cases, that spot is upon an uncomfortable stool positioned so close to fellow diners you'll be elbowed in the ribs while they snap photos of their mason jar tiramisu.

And yet here I was, lounging in a double-wide rolling chair stuffing my face with reasonably priced penne. After 90 minutes I found it impossible to hold my body up straight and was just one bite of cheesecake away from smearing a greasy bread stick on my seat in order to help myself slide out of my seat.

As I lurched out of the restaurant, the crowds were continuing to stream in. My inner foodie cringed and yet I had to admit there was a certain appeal. I don't care how sophisticated your palate is, everyone can appreciate a hefty quantity of cheesy carbohydrates for just \$11.95 US.

Follow Jessica Napier on
Twitter @MetroSheSays



A change from chain restaurants. JESSICA NAPIER/METRO

The Truman Show – beach edition



SEAN GALLUP/GETTY IMAGES

Sunny side of winter

Indoor beach lures sun seekers

Without a cloud in the sky, this beach is the perfect place to relax.

The Tropical Islands resort in Krausnick, 60 kilometres south of Berlin, welcomes up to 6,000 visitors a day who are keen to shed their winter wear for bikinis and trunks. Located on the site of a former Soviet air base, the indoor resort occupies a hangar first built to house aircrafts. **METRO**

Not quite an island

- **Size.** 360 metres long, 210 metres wide and 107 metres tall — New York City's Statue of Liberty could stand inside it, and Paris' Eiffel Tower could lie across it.
- **No sky, no problem for sun seekers.** Special translucent panels in the south side of the roof allow UV light to shine through.
- **Constant temperature inside:** 26 C, compared to -20 C outside.



A Malaysian leisure investment consortium saw life in the old hangar and reopened it as an indoor tropical resort in 2004.

SEAN GALLUP/GETTY IMAGES



Twitter

@veolaxayhavens:

yeg At the #yeg intl. airport. - thanks for having me! It was good to be home.

@Jadeakuira:

Spending my day with me, myself & I! Got a lot of #writing to get in before I have to get back to the grindstone tomorrow. #yeg #dayoff

@the_gunshow:

Saw a guy walk into Wine & Beyond just for a 6-pack of Moun-

tain Crest. Unreal. #yeg

@CurtisJStock:

My daughter, the Sometime Princess, recently got a new dog. She bought a dog dress and a bow for it. Who knew there were dog dresses. #yeg

@kawarner:

Day drinking with the boss at the Mercer. He's work family. That counts, right? Gotta love long weekends in #yeg



Register at metropolitanpanel.ca and take the quick poll

Do you fear a meteor strike?

50%
SOMEWHAT, BUT THERE'S NOTHING WE COULD DO ABOUT ONE



50%
YES, AS MUCH AS I FEAR A ZOMBIE APOCALYPSE ... SO A LOT

0%
NO, THERE'S MORE IMMEDIATE THREATS OUT THERE, LIKE ZOMBIE APOCALYPSES



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DVD review



Argo

Director. Ben Affleck

Stars. Ben Affleck, Bryan Cranston, John Goodman

Ben Affleck's thriller revisits the 1980 "Canadian Caper" rescue of six U.S. diplomats from Iran and declares it was really a covert American CIA operation all along, one with Tinseltown glitter and car chases. Argo tells this whopper of a tale with style, wit and a level of excitement designed for Oscar and succeeds, picking up seven nominations, including best picture. Does it matter that Affleck's movie, based on Chris Terrio's script, bears about as much resemblance to the real story as a red Twizzler does to a strawberry? Perhaps not, if the crunch of your popcorn can drown out the sound of discarded facts swirling the drain, as so often happens when Hollywood meets history. Despite these and other criticisms — the film is chock full of stereotypes and clichés — Argo is undeniably entertaining. Extras include a director's commentary and several making-of featurettes.

PETER HOWELL



Four eligible bachelors compete to win the affection of one woman through wining, dining and adventurous dates. HANDOUT

Don't make these big date mistakes

Courting with class. Come Date With Me's Wilder Weir offers some basic etiquette tips for meet-ups

Wilder Weir, host of Oh So Cosmo and an eligible bachelor on the upcoming W Network series, Come Date With Me, gives the male take on some of the biggest mistakes women make on a first date, or on dates in general.

Texting/constantly checking her smartphone

Going on a date can be an insecure situation for anyone. Nowadays when things get awkward or scary, human nature is to bury your head into your phone like a petrified

ostrich. In order to escape reality people will re-check empty email inboxes or scroll through hundreds of sepia-toned "selfie" pictures on Instagram, but on a date put your phone away for a few hours! Nothing says "this date is boring" like checking your Facebook between sips of wine at a dinner table. Unless you're sending out a mass emergency text about your location details because you suddenly realize you recognize your date from an episode of America's Most Wanted and are worried your face is going to end up on the side of a milk carton, put down your phone. I don't care if you feel uncomfortable and are one awkward silence away from trying to get to the last level of angry birds, you're being rude. So, please, don't text a real time play-by-play of your date to your best friend — save it for later.

Talking about an ex

No matter how secure your date is, he doesn't want to hear about your ex-boyfriend who was A) a doctor B) a professional athlete or C) worked with kids. File this idea within the first five dates, under "U" for useless information. Talking about an ex will only create more questions that you likely don't want to answer or possibly make your date bored. Don't get me wrong, I know this is sometimes hard to do, especially fresh out of an old relationship because that person you broke up with was a big part of your life. However, bragging about your ex will only make him wonder why he broke up with you in the first place. Trust me, the only thing I want to hear about your ex is summed up perfectly by Taylor Swift: "We are never ever ever getting back together."

Watch it

Come Date With Me, which sees four men or women compete for the heart of an eligible bachelor or bachelorette, premieres Wednesday night on W Network.

Too many drinks

All of this advice can apply to men and women on dates, but this is particularly good advice for both sexes. Yes, drinking may make you feel temporarily invincible, but one too many and the next thing you know you're acting out your favourite temper tantrum from Toddlers in Tiara's and turning yourself into a sexual Hiroshima.

METRO

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Cult creator knows about fan obsession

New series. Rockne S. O'Bannon, the man behind *Farscape*, used his experiences with that show to inspire his latest project



NED EHRBAR
Metro World News in Hollywood

The new mystery series *Cult* follows investigative journalist Jeff Sefton (Matt Davis) as the disappearance of his brother leads him into the dark underworld of rabid, cult-like fans of a hit TV show called... *Cult*. Which is about a cult with a charismatic leader named Billy Grimm who is played by an actor named Roger Reeves, who is played in real life by Robert Knepper. Still with us?

"What was interesting to me was to try to create a show that was truly unique, was truly different. And in doing so, yeah, it can make it a little harder to explain and describe," creator Rockne S. O'Bannon admits. "It's also a show with a lot going on, and I have a great deal of faith and trust in the audience to be able to hook into that. But we're very aware that we have a complex, multifaceted show going on, and we're trying to keep it as clear in our heads as possible."

TV veteran and *Farscape* creator O'Bannon is no stranger to obsessed fans, he admits.

"The origin of the show actually did come out of my *Farscape* experience, where I witnessed the kind of incred-



Cult premieres on CTV Two tonight. HANDOUT

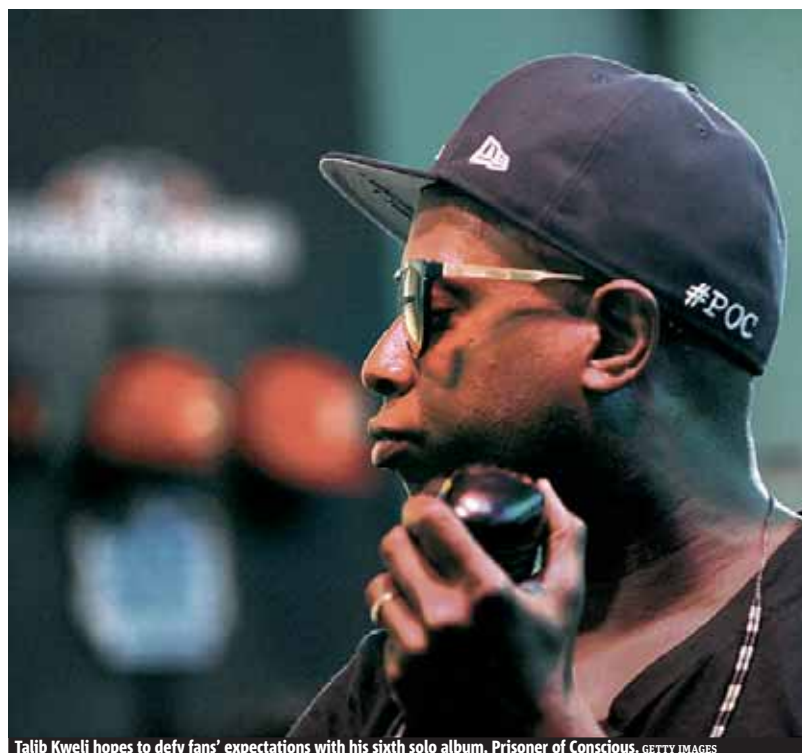
ible fan passion for a show and the ability of fans to kind of find each other through social media and connect up," he says. "It started me thinking what if the show were something with a little bit (of a) darker edge and what kind of fans would that then draw?"

Multi-layered mysteries and disappearances are one thing, but the show-within-a-show conceit also gives O'Bannon and his writers chances for inside jokes that play with the audience even more. For instance, the actual show ends with a "created by" credit for Steven Rae, the name of the creator of the fictional *Cult*. (Eagle-eyed fans might notice that Rae is also the pseudonym O'Bannon has used for some less respectable entries on his resumé, like the 1995 TV movie *Deadly Invasion: Killer Bee Nightmare*.) "From our perspective, there is nothing too meta," O'Bannon says.

"For me in creating *Cult*, one of the things that I really got excited about was how to create a visceral experience

for the audience and really try take the glass away from between the television show and the audience, take away that control. So to me, the very fact that the creator of the show, Steven Rae, inside the show is Steven Rae, part of the fun of it is the fact that we're actually incorporating what normally is the return of the audience back to the real world and keeping that as part of the entertainment. So I'm hoping that the audiences will hook into that and kind of go along for the ride."

But is there any fear of life imitating art, of *Cult* fans becoming obsessed enough with the show to start acting out like the fans of the show within the show? While that would suggest some intense ratings for the new series, O'Bannon thinks that idea might be a bit too far-fetched. "We obviously hope that the show is incredibly effective and creates that kind of visceral experience for the audience, but I don't know that it has the power to go quite that far," he says.



Talib Kweli hopes to defy fans' expectations with his sixth solo album, *Prisoner of Conscious*. GETTY IMAGES

Riding a new wave and going with the tide

New album. MC talks about the double-edged sword of super fans and his constantly evolving creativity

G. VALENTINO BALL

Metro World News

If Brooklyn MC Talib Kweli wanted, he could rest on the

legacy of his past work. His solo debut, *Quality, Reflection Eternal*, his collaboration with producer/DJ Hi-Tek and his Mos Def & Talib Kweli Are Blackstar with Mos Def (now known as Yasiin Bey) are seen as classics that influenced a generation of rhymer. But riding a nostalgia wave is not his style.

Kweli has been delivering creatively since the start of his career with a near constant stream of music and

touring.

With his sixth solo album, *Prisoner Of Conscious*, which includes guest spots from Melanie Fiona, Kendrick Lamar, Miguel, Curren\$y and Busta Rhymes, he hopes to defy his hardcore fans' expectations. But does having fans so connected to the classics burden him creatively?

"It's a blessing that people feel that way. It does become a challenge," says Kweli.

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Cameras and Plague.

Oscar-nominated docs capture moments in history recorded by ordinary citizens

The Oscar-nominated features 5 Broken Cameras and How to Survive a Plague represent documentaries in the truest, purest form of the word: they capture a spark, a moment in history, and they make us feel as if we were there, too.

Both films were shot by regular people who happened to be witnessing an uprising. They're by amateur photographers who had the foresight to record everything from the mundane moments of their daily lives to scenes of violence, upheaval, death and eventually some sort of victory.

5 Broken Cameras is a collaboration between Palestinian farmer Emad Burnat and Israeli director Guy Davidi featuring years of footage Burnat shot in his occupied village of Bil'in. Each of the five cameras was destroyed in the midst of protests or gunfire; one still has a bullet lodged in the lens.

Plague is a collection of archival footage from the late 1980s and early '90s, as members of the New York-based AIDS Coalition to Unleash Power (ACT UP) fought to find a cure for the disease as it quickly spread and claimed millions of lives. Director David France, was in the middle of many of these boisterous planning meetings and theatrical demonstrations.

Burnat of 5 Broken Cameras said he felt it was his



A scene from the Oscar-nominated documentary *How to Survive a Plague*, which chronicles AIDS activism in the 1980s and early '90s. THE ASSOCIATED PRESS

responsibility to depict the fight for territory through his own eyes.

He watched his brothers get arrested and friends get shot by Israeli military, even though he knew it was dangerous to venture into it all with his camera.

"My goal is to show the world and to spread the film and to change people, to change the situation. So this was important for me."

Burnat sought out Davidi, who shaped the film and wrote the narration, because he knew him as an Israeli peace activist. Together, the two aimed to craft a documentary with no political slant or judgment.

Davidi spent a year and a half editing from 900 hours of footage that Burnat and a few others had shot before bringing in French editor Veronique Lagoarde-Segot to help fine-tune the narrative.

The people whose video appears in *How to Survive a Plague* similarly wanted to share their story with the world. France said the photographers had a number of

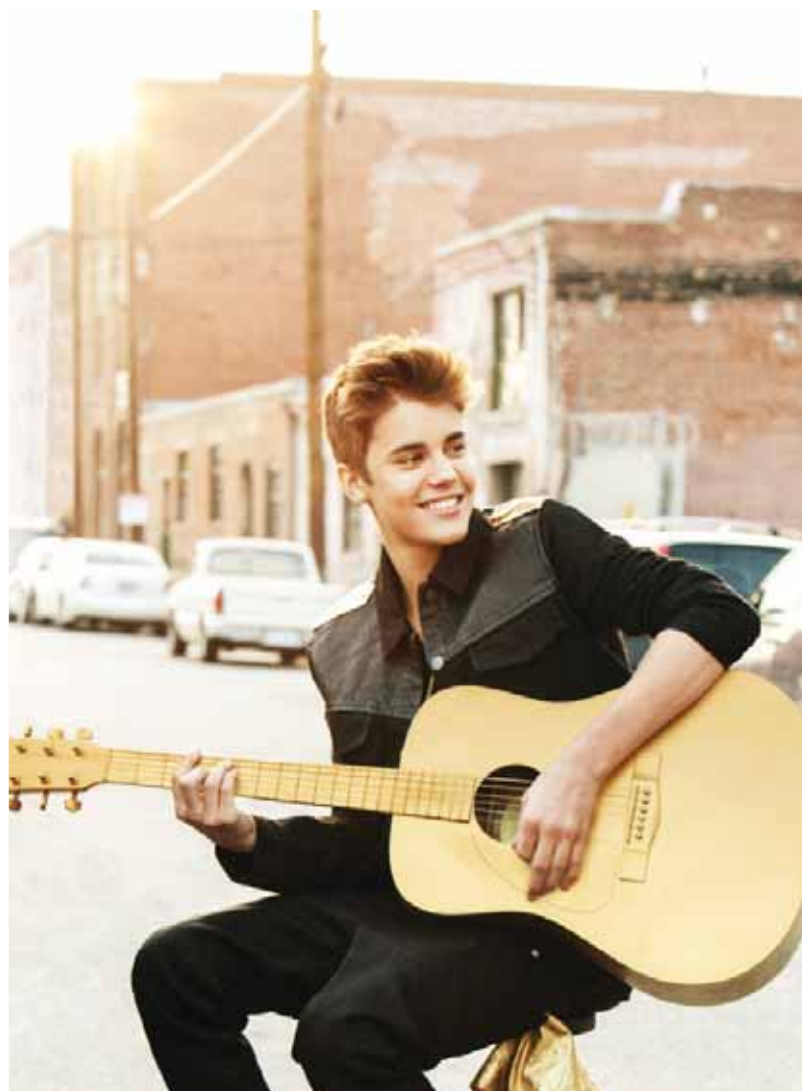
Investigative art

AJ Schnack, founder of the Cinema Eye Honors for non-fiction filmmaking, where both of these movies were recent winners, views the approach these films take as an extension of the kind of long-form investigative journalism that television networks don't do as much of anymore.

motivations, from filling in the gaps of traditional media reporting to documenting when police were excessively rough during demonstrations to capturing quiet moments with loved ones before they died.

"It was a true witness-bearing," said France, who spent two years cutting the film. "You also see in those scenes how comfortable people were on camera because the cameras were always present, which was only made possible by a true revolution in home video."

THE ASSOCIATED PRESS



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Samantha Ronson ALL PHOTOS GETTY IMAGES

Lindsay's mood swings alarmed SamRo's mom

Ann Dexter-Jones, the socialite mother of DJ Samantha Ronson, is opening up about why she stepped in to break up Ronson's relationship with Lindsay Lohan. "I was seriously anxious about Samantha's safety and well-being. I feared tragedy," Dexter-Jones tells the Daily Mail. "It got to a point that I wasn't sleeping very well." She remembers a party for the opening of the Atlantis Hotel in Dubai as being a particular breaking point. "Suddenly, without any warning, Lindsay flung herself onto the thick carpet and started to roll around screaming like a child."

Perilous path

"I was seriously anxious about Samantha's safety and well-being. I feared tragedy."

Ann Dexter-Jones

Dexter-Jones says. "It seemed she was upset that people, including Samantha, were not paying her enough attention. To my mind, it was classic psychotic behaviour. I took Lindsay aside and told her not to make a spectacle of herself. She was clearly out of control and spoiling for a fight."

Scrape up: Rihanna's relationship causing fierce reaction

Some of Rihanna's fans are still not OK with her rekindled relationship with Chris Brown, and they're not afraid to show it. The singer was left injured outside a London nightclub after a fan hurled a bottle of Lucozade, a

British energy drink, at her while screaming about her reunion with Brown, according to the New York Daily News. Witnesses say Rihanna fell against a metal shop grate during the ensuing mayhem, cutting her knee.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Fertile Fergie fesses up to having lovely baby bump



THE WORD
Dorothy Robinson
scene@metronews.ca

Fergie has some new, growing lovely lady lumps — it was announced yesterday via Josh Duhamel's Twitter that the couple are expecting. "Fergie and Me and BABY makes three," he wrote. Fergie, 37, followed suit: "Josh and me and

BABY makes three!!!" she tweeted, with the hashtag #mylovelybabybump.

Duhamel has been talking about fatherhood for a while. "It'll happen," he told USA TODAY while promoting his new film, Safe Haven. "It's happening."

But every three months she's pregnant (in the press). If she gets a little paunch everyone thinks she's pregnant. It's like well thanks, they're basically calling you fat.

"But like my mom said, well, if she's been pregnant as long as everyone says that she is, well then we're going to have a baby elephant. We're on our own schedule with that."



Brooke Shields

Supportive stars Shielded Brooke from the bad side of the biz

Brooke Shields knows why she succeeded in staying on the straight and narrow as a child star while so many like her were led astray. "I would get invited to Studio 54, but I'd leave before all the craziness and drugs

happened," she says in an interview with Haute Living magazine. "I never saw the bag passed around. Andy Warhol and all those guys were very sweet to me. There was something about me that they wanted to protect and uphold."

Twitter



@ABFoundation

Fox TV reporter followed me down street, walking my dogs. He tripped and fell. My doorman said, "I'm your witness! You didn't push him!"



@Joan_Rivers

Reading about all those people stranded aboard the Carnival Triumph. The passengers on the Titanic had a better time on their trip.



@realjeffreycross

Last night on the phone my buddy @bobsaget told me his eyelid was infected and when I woke up today mine was too. Theories?



@charliesheen

hashtag hash browns! hashtag flash clowns! hashtag crash frowns! hashtag mash gowns! hashtag porpoise fur hashtag please stop Charles

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RRSP GUIDE

Tuesday, February 19, 2013



In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, and how much you are willing to set aside. ISTOCKPHOTO/THINKSTOCK

The earlier you save, the better

Rule of thumb. Try to put 10 per cent of annual income towards retirement

PAULINE ANDERSON
For Metro

If you are like many young people today, you aren't thinking much about retirement — it just seems so far away. But, increasingly, the onus is on you to look out for your future. And the earlier, the better.

A good rule of thumb is, if you are just starting out in the job market, say in your 20s, try to set aside 10 per cent of your annual income towards retirement, says Sue Neal, regional director, Investors Group, Toronto Downtown. "This will create the exercise, or the habit, of putting away a portion of your pay and not spending it."

Those in the above category, take note: Surveys show that baby boomers who are now hitting retirement age re-

Savings for retirement

\$1 million

If you think you will need \$40,000 per year when you retire, bank on having \$1 million saved (that's right, one million), and if you can get by on only \$30,000, you will still need \$750,000, says Lee Helkie, a partner at Helkie Financial and Insurance Services. That's just "raw math," assuming you retire at 65 and live until 90. However, it's not accounting for inflation and other factors, Helkie says.

port that if they had to do it all over again, they would have started saving much earlier. As it stands, a "sizable" number of them don't start stashing away money until about a decade before they aim to retire, Neal says.

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, how much you are willing to set aside, and your "risk tolerance," or the amount of investment movement you find acceptable, Neal says.

"We come up with a formula, factoring in inflation, which is often the confusing part when you do it on your own. We can tell you that when you're this age, you will need

this much money, and you need to invest in this, and to put this much money into it."

Saving for retirement is becoming increasingly important since fewer employees have defined benefit pension plans, says Lee Helkie, a partner at Helkie Financial and Insurance Services. "We see people working into their 70s, out of necessity, not because it's a hobby."

It's a tough time right now, and people have to be serious about buckling down and staying the course when it comes to contributing to a retirement plan.

"It's possible to do it, but you've got to get on it," Helkie says. And if you can't, or won't, you may have to either retire on less or work longer, she says.

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When saving for your retirement, seek out a financial adviser who can look at the big picture. ISTOCKPHOTO/THINKSTOCK

Advisers can answer questions

KRISTA
SYLVESTER
For Metro

Every year around this time financial planners are bombarded with clients asking questions about RRSPs — how much should they contribute, should they pay down their mortgage or invest in RRSPs?

Financial adviser Joe Lee-Owe, president of McClary Financial in Calgary, says there is a broad spectrum of clients, ranging from those who maximize their RRSPs and those who don't. He says while there are no easy answers when it comes to RRSPs, he recommends people seek guidance from an adviser who is looking at the big picture.

"It depends on total taxable income, current tax de-

Numbers and facts

- The government started RRSPs in 1957 to encourage Canadians to save for retirement.
- 5,956,010 — number of

Canadians who contributed to an RRSP in 2010.

- More than five per cent of Canadians did not make an RRSP contribution in 2012.

ductions, marginal tax rates, long-term employment plans and retirement goals," Lee-Owe says. "The amounts and strategies vary for each individual and household."

Lee-Owe generally starts by advising clients on how much they should direct to savings in general, and from there determine where the savings should be placed, whether it be a tax-free savings account, open a non-registered account or RRSPs.

Lundgren & Young Insurance financial adviser Robert Eagleson says, generally, the higher the income, the more benefits people will receive from RRSP contributions.

"I read today that Canadians contribute more than the average, which is not surprising as this is a fairly affluent city," he adds.

How much Canadians need generally depends on how much they make. For example, someone earning

\$80,000 per year who wants to retire with 75 per cent of their income would need to do the math and calculate the lump sum they would need at retirement given the variables.

But Eagleson says most people need to plan to retire with \$1 million — a sum he thinks anyone will need to retire comfortably.

However, even though there are tax benefits to RRSPs and retirement savings benefits, it is possible to contribute too much, according to Lee-Owe.

"I have come across many clients well into their retirement that have contributed too much money in their RRSP's," he says, adding it could become subject to a steep tax rate if the RRSPs don't get spent.

Dividing assets when you split up

"Till death do us part" sounds great in theory, but what happens to those coveted RRSPs when you — dare we say — divorce?

Divorce is extremely difficult in the best of times, but it can get even more complicated when you factor in finances, investments and RRSPs, which is why it's important to arm yourself with knowledge.

Jacques de Muelenaere, a financial planner with Winnipeg's Millstone Financial, says RRSPs are treated much in the same way all assets will be treated in a divorce, and RRSPs can be divided.

"A divorce settlement can be a long and drawn out process, but once settled both parties will be bound by it," he explains. "Whether they agree or not doesn't change the terms of the settlement."

De Muelenaere says RRSPs don't receive any special attention during a divorce, but it might make sense for the partner without a pension to request the RRSPs. Often, one person will end up with a portion or bulk of the "family" RRSP, but the process can get complicated and industry insiders, including divorce lawyers, don't typically make the recommendation to split the funds.

"Every situation is unique and a financial planner can help with these decisions," he says. "But, ultimately, it will come down to being part of an overall strategy to split the assets in a fair way."

Once the divorce is settled, any amount that needs to be transferred from one spouse's RRSP account to the other is completed with the help of a Canada Revenue Agency tax



Divorce can complicate matters when you factor in finances, investments, and RRSPs. MARIA TEJEIRO/PHOTODISC/THINKSTOCK

form. It's important to know that dividing the funds as a result of divorce won't create a tax issue, but withdrawing the funds from the RRSP without the help of a Canada Revenue Agency tax form can create issues.

"This ensures that the money is kept sheltered in the transfer and doesn't trigger any taxes when it leaves the

other account. Whether the RRSP is in a spousal account is irrelevant for this process."

Divorcing couples will ultimately have to decide what is more important to them when dividing assets. Would they rather have the family home, or the future retirement nest? Each couple will have to decide that for themselves.

KRISTA SYLVESTER

Options. RRSPs still the top choice



TALBOT BOGGS
Smart Investing

Even with a myriad of other options, the registered retirement savings plan (RRSP) still is the cornerstone of retirement savings for most Canadians, although they may not be using it to its fullest advantage.

The newest retirement savings vehicle on the block is the pooled registered pension plan (PRPP). Designed to help the estimated 3.5 million Canadians who do not have employer-sponsored pension plans or RRSPs, the PRPP would be a great adjunct to the RRSP if and when it comes formally into being.

"At the moment we don't know a lot about the environment of the program because Ottawa and the provinces are still making their decisions about it," says Colin Montgomery, a financial ad-

Incentives

"Vehicles like the TFSA and the PRPP are giving people a further incentive to save for their retirement. They all are good adjuncts to the RRSP, but people need to look at their own individual situation and decide what the best options are for them."

Colin Montgomery, a financial adviser and certified financial planner with Edward Jones

viser and certified financial planner with Edward Jones. "PRPPs alone probably will not be enough when it comes to retirement planning and individuals will need advice based on their own financial situation."

A PRPP is defined as a contribution pension system offered by a third party financial institution such as a bank or insurance company. The plan administration and fiduciary duty will be the responsibility of the financial institution, making it fairly easy for small- to medium-sized companies to set one up.

There likely will be some major differences between RRSPs and PRPPs. PRPPs, for example, are locked in until the age of 55 at the earliest, and in some provinces that may be as high as 65.

Unlike RRSPs, you can't get your money out of a PRPP once it is in and, therefore, you could not take advantage of programs like the homebuyers plan, which allows you to withdraw up to \$20,000 to buy your first home, or to take out money tax-free for post-secondary tuition costs.

As well, you may not have as many investment options as you do with an RRSP. The actual investment guidelines will be set by the government and then individual plan administrators will offer products that meet those guidelines for investors from which to choose.

Contribution limits to a PRPP are the same as to your RRSP but cannot exceed your overall allowable limit. If you

have \$30,000 of RRSP contribution room, you could make any contributions to both plans as long as the total does not exceed \$30,000.

"At the moment we don't know how the plan will be administered and how advice will be offered," Montgomery says.

"The government sets the options, the administrator sets the products and the investors make the choice."

Statistics show that Canadians are saving less than four per cent of their disposable income and, despite the billions of dollars invested in RRSPs and tax-free savings accounts (TFSA), they have plenty of room to add more to their retirement plans.

For example, only 26 per cent of eligible tax filers contributed to an RRSP in 2010. While total RRSP contributions in 2010 rose to \$33.9

billion, up from \$33 billion in 2009, the total amount that Canadians were entitled to contribute in 2010 grew to \$717 billion from \$671 billion in 2009.

Twenty-one million Canadians have a total of \$632 billion in unused RRSP contribution room.

"Vehicles like the TFSA and the PRPP are giving people a further incentive to save for their retirement,"

Montgomery says.

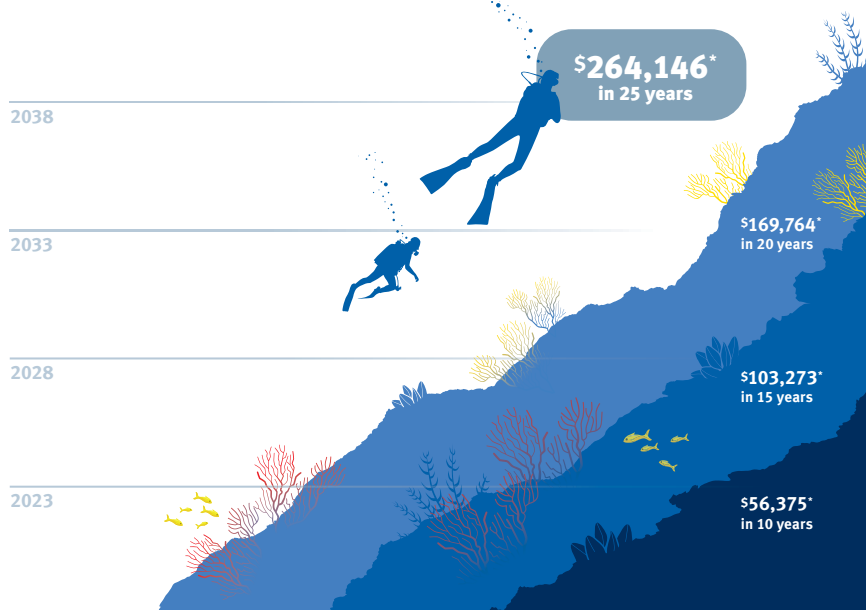
"They all are good adjuncts to the RRSP, but people need to look at their own individual situation and decide what the best options are for them."

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The newest retirement savings vehicle on the block is the pooled registered pension plan (PRPP), but an RRSP is still the most popular for investors and those saving for retirement. WAVEBREAK MEDIA/THINKSTOCK

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3
LIFE

A good day to workout hard

Jai Courtney. Actor who plays Bruce Willis' son in new Die Hard instalment talks to Metro about the movie that made him buff

ROMINA
MCGUINNESS
Metro World News

You totally upstage Bruce Willis in this movie. How does he feel about that? He must be mad, no?
Oh gosh! I don't know. You might have to ask him.

I'm not speaking to him. You can tell me.

He's the star. I will always respect that. I certainly have no intention of upstaging him.

Did you and Bruce train together? Did he teach you any good moves?
I learned a lot from him. But Bruce has a lot to think about. He didn't have time to worry about coaching me. There are a lot of people, who are paid a lot of money, standing around to do that.

There's a lot of running and jumping out of windows — I tried counting the amount of cars you guys crashed...
Do you want to know the amount?

Sure.
108.

And how many of those did you crash?
A couple. It was an epic car chase.

Did you have to get in shape for the role?
A little bit. It made sense to. I'm not a gym junkie. I've had to get in shape for a few gigs and I enjoy having to do that.



Jai Courtney says while he had to get fit for his role in the new Die Hard, he loves beer and pizza too much to take the gym too seriously. SUBMITTED

Was that for your role as the gladiator Varro in the TV series Spartacus?

Yeah. I've never done training like that since. It was the closest thing to torture I'll ever experience. It was a great challenge. There was more pressure then because I was basically in my underwear, all day, every day.

So you had to look good...
Exactly. And there's no better motivation than 30 ripped up guys around you as a means to work hard.

Did you do anything specific in terms of your diet and exercise for Die Hard?
Embarrassingly, I've always approached working out a little bit casually. I'm a bit of a wuss when it comes to that sort of stuff. You just have to cut the carbs and hit the gym a little. I was doing a lot of low impact cardio — like walking

and jogging. I'd go first thing in the morning — before having anything to eat. It starts up your body engine and speeds up your metabolism. I did a little bit of weight work. But ever since Spartacus, I've not worked with a trainer. I don't want to be pushed that hard. I'm too fond of beer and pizza to live my life by that kind of code.

Which of the stunts did you do?
We did pieces of just about everything. But it's unfair not to credit the 20 to 30 doubles and stunt coordinators that help make them look really cool.

So did you actually do anything?
Absolutely. We're jumping out windows, crashing the vehicles and getting into fights — the debris tube, flying down that thing. But insur-



Courtney suffered a self-inflicted injury on set. HANDOUT

ance companies would have something to say if we tried to attempt it all ourselves.

Did you get any injuries on set?
None that I have any cool stories about. The only injury I got — and it was self inflicted — there's a moment in the car chase when I punch the steering wheel ... and I shredded my knuckles on the Mercedes-Benz badge.

There is a lot of punching, not just from you. Did you guys have punching training?
There are a few punches going around. All that stuff is choreographed — it's like learning a dance. The steering wheel one was kind of stupid.

Did you punch it — for real?
I punched the sh— out of it. Our director, John Moore, was trying to get me worked up because that's cutting in a moment when Jack is hugely frustrated with his father. He was like, 'Feel free to punch the wheel.' So I went for it. I remember looking at the Mercedes sign and seeing chunks of my skin in it. It hurt.

Willis is on his fifth Die Hard — this is your first. What tips did he give you for being the perfect John McClane Junior?
He didn't give me any tips. The kind of knowledge and wisdom that he passed on to me was more organic. I just learned a lot from working with the guy. It wasn't, 'Come here boy, let me show you

how to do it.'

You fought Tom Cruise in Jack Reacher and lost. Could you take him in real life?
I'd give it a red hot go! He's pretty skilled, man. Who knows.

He's skilled, but he's so tiny!
That doesn't always equate to winning a match. What do they say? 'It's not the size of the dog in the fight, it's the size of the fight in the dog.'

So could you win?
I don't know. Maybe we can go toe-to-toe again sometime.

You were a kid when the original Die Hard movie came out. Which movie is your favourite?
Number 1. Not only is it the introduction to this iconic franchise, it's a quintessential action film. Great villains. It set up this convention of wisecracking humour balanced with epic action. And introduced this everyman we've come to love — John McClane.

Willis' catchphrase: I have trouble pronouncing it: yip-pee ki-yay.
You can't say Yippee ki-yay!?!?...

How come you don't have a catchphrase? Make one up now.
I have no idea. I'll leave it to the professionals. We'll see whether something comes up if I get to reprise the role...



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Cool runnings

Exercise. Jogging in the winter is a great way to stay fit, but beware of the hazards on the path to health

MEREDITH ENGEL

Metro World News in New York

You've made a resolution and want to get rid of those extra pounds, but how to get started? Staying fit by exercising outdoors in cold winter weather brings on some unique challenges. Here are some tips on the hazards of outdoor fitness, and how to avoid them:

Frostbite

Exposed skin surfaces and

extremities are susceptible to injury from contact with cold air, as the circulatory system naturally diverts warm blood away from cold skin in order to keep your core temperature constant.

Nose, ears, lips, fingers and toes are particularly sensitive areas and should be covered and insulated when exercising in cold winter weather less than 5 C, and even more so when it is below freezing or windy.

Warm hats, scarves, face masks, mittens — which are better than gloves because your fingers keep each other warm — and wool socks should all be a part of your winter fitness wardrobe.

You may also consider hand warmers for inside your gloves. Because of the risk of frostbite, never exercise out-

doors with exposed arms or legs for more than a few minutes on below freezing days.

Hypothermia

It doesn't need to be freezing outside to become hypothermic. Wind draws heat away from your body even faster, and so susceptibility to hypothermia is greater on windy days.

Make sure that if you are exercising outdoors in the cold, you wear multiple layers of clothing so that you are neither too cold, nor too warm.

Perspiration can cause your clothing to become wet, so strip off layers as you warm up. Evaporation from wet clothing can cause even faster loss of body heat, and makes the risk of hypothermia greater.



Outdoor running is a great way to avoid all those viruses circulating at the gym, but there are some dangers. iStock

Additional tips

- **Health problems?** If you have any medical conditions such as diabetes, hypertension, heart disease, asthma or bronchitis, it is probably better to exercise indoors than risk illness due to overexertion in the cold.
- **Stay well hydrated.** The cardiovascular system is under stress in cold weather, so filling up your tanks with a sports drink or water before you go out is always a good idea.

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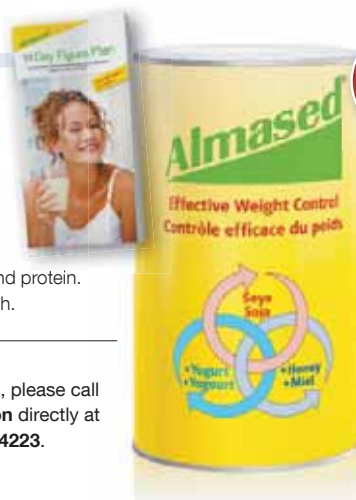
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Day 4 Through 14

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Best Health

Whiten your teeth with care



**BEST HEALTH
MINUTE**
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the March/April issue of Best Health magazine, on newsstands now, writer Lisa Bendall looks into the various teeth-whitening products available at the drugstore and your dentist's office. Here's a snapshot:

The products you leave on your teeth for five, 20 or 30 minutes — the strips and gel trays, for example — are designed to restore teeth's enamel by removing dirt and debris. These products all contain hydrogen peroxide, which releases oxygen molecules in your mouth that react chemically with staining materials and lift them off.

But the strength of the hydrogen peroxide varies widely depending on the product: It's typically from three to 15 per cent in drugstore products, and anywhere from 15 to almost 40 per cent at the dental office.



While safe in the short-term, no one knows if tooth-whitening products cause harm in the long run. iSTOCK

So, can it immediately damage the tooth's enamel?

That's a myth. According to North Vancouver dentist Dr. Bruce Ward,

"There's no evidence of damage in the short-term."

It's not yet known whether extreme or long-term use can cause harm. And home-made whitening formulas made with lemon juice, baking soda or crushed strawberries are not a good idea as they bathe teeth in acid.

"You could end up with more sensitive teeth, and lose some tooth structure," says Ward.

For more info about how various products work, see the March/April issue of Best Health magazine, now on newsstand—or check out our new iPad edition!

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Do you have psoriasis?

Psoriasis is a life-long skin disease with no known cure. It usually appears as dry, red, scaly patches on the skin. It can make the skin itch, burn, flake or bleed.

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RRSPs



Build your savings. Contribute to your RRSP regularly and take advantage of free money. ISTOCK IMAGES

The season for saving



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

If you haven't already noticed from all the chipper television commercials lately, it's Registered Retirement Savings Program (RRSP) season! Now is the time to rush to your financial advisor's office and make a contribution for the 2012 tax year.

What's the big rush? Each year you have until March 1 to contribute to your RRSP and have it count toward the previous tax year.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

And, the benefits of contributing to an RRSP don't stop there.

The law of reinvested returns states that more money grows larger and faster than less money; when

invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

If you're over the age of 18 and have current government issued identification, you can open an RRSP account through your local bank or financial advisor. Often times employers will provide RRSPs or an equivalent tax-advantaged retirement savings program.

Once your account is opened, individuals can contribute up to 18 per cent of their income, up to \$22,970 for tax year 2012, and the limit can sometimes vary depending on your pension program at work. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

For most young people, contributing the maximum is nearly impossible. But, don't fret. Build RRSP savings over the long term by contributing regularly on pay-day and increasing your contributions annually until you reach your maximum limits. Sometimes employer retirement savings programs will even have a matching component.

So sign up and take advantage of free money!

Canada: The cyber-shopping juggernaut

Alison on Money.

After years of growth, is online shopping the new norm?



YOUR MONEY
Alison Griffiths
money@metronews.ca

Canadians are cyber-shopping obsessed. According to a June 2012 MasterCard Spending Pulse Report, e-commerce grew by an astounding 24.9 per cent in the first six months of 2012 compared to the same period in 2011. At the same time the general economy grew a modest 2.2 per cent.

My own shopping habits have fallen in line with the statistic. In the past year, I've ordered everything from fresh roasted organic coffee to vegetables, supplies for my horses and wine.

Cyber shopping is a trend that was widely predicted before the dotcom crash of 2000. The old economy, bricks and mortar, was going to wither away and be replaced by new economy, Internet-based businesses.

But it didn't happen. At least not then. However, change sneaks up on you, and makes itself evident with a big bang. The seemingly overnight disappearance of video stores comes to mind. And once golden Best Buy suddenly became the place



Consumers still like to see a physical product. Research shows retailers with both a physical and online presence saw incredible growth. ISTOCK IMAGES

In numbers

82%

of online shoppers are satisfied with their buying experiences (www.metrics.com)

for window shoppers who then beetled on home to buy online.

The Best Buy experience proves the point that many consumers still like to see an actual physical specimen, especially with big-ticket items. Internet research and marketing company WWW Metrics notes that retailers with both a physical and online presence saw high dollar item growth of 23 per cent last year while online-only retailers reported nine per cent. It's hardly surpris-

ing. Who wants to shell out a large sum when you can't kick the tires? I recently priced gazebos online, but didn't want to pay \$4,500 sight unseen. I finally chose a local company, which had sample products assembled for viewing.

Selling such big-ticket items is likely the next retail challenge. Large chains like Sears and the Brick have gone one way by rolling out smaller stores specializing in beds and appliances. Lowes and Home Depot have taken

a different route, offering a limited physical array in categories such as carpeting, kitchen and bathrooms with far more product available through special order or online only.

Ironically booming e-commerce may make the biggest bricks and mortar chain of all, Walmart, even more dominant thanks to its already strong Internet presence.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Business Program Information Sessions

Mon, February 25

Bachelor of Commerce
4:30 p.m., Rm 5-268
Library & Information Technology
6 p.m., Rm 5-161

Tues, February 26

Insurance & Risk Management
6 p.m., Rm 5-215
Travel Program
6 p.m., Rm 5-141
Accounting & Strategic Measurement
South Campus (7319 - 29 Ave.)
5 p.m., Rm 227

Wed, February 27

Human Resources Management
5:30 p.m., Rm 7-279

Thurs, February 28

Public Relations
5:30 p.m., Rm 5-215
Legal Assistant
5 p.m., Rm 5-135
Office Assistant
6 p.m., Rm 5-158

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This is the number one choice for clients of my catering company.

As an alternative, grill the fish and serve the sauce separately. Use the sauce over chicken as well.

1. Preheat the oven to 425

Ingredients

- 1/4 cup packed brown sugar
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- four 4-oz portions skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

F. Line a rimmed baking sheet with foil and spray with cooking oil.

2. Whisk the brown sugar, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook over medium heat until thick-

ened and smooth. Remove from the heat.

3. Place the salmon, skin-side down, on the prepared baking sheet. Spoon half the sauce over the salmon. Sprinkle with sesame seeds. Bake in the centre of the oven for 10 minutes per

inch thickness of fish, or until the fish flakes easily when pierced with a fork.

4. Garnish with cilantro and sesame seeds and serve with the remaining sauce on the side. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

The truth about Vitamin D



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This month, anyone who lives north of sunny Atlanta is sunshine starved and therefore Vitamin D deficient. So, unless you have plans to fly south soon, you had better have a backup plan.

Milk (and some brands of milk products, like yogurt) are Vitamin D fortified.

But, the amounts aren't high enough to ensure you are topped up to a protective level to prevent osteoporosis, cancer and, studies are showing, many other chronic illnesses.

Here are some good sources:

1. Salmon
2. Cod liver oil
3. Liver
4. Eggs
5. Caviar
6. Greek caviar dip taramosalata

Keep in mind that enjoying all of these foods each day nets you only about half of the recommended amounts: two glasses of milk, a serving of salmon and an egg a day.

Get as much as you can from your plate and glass but remember Vitamin D is one of those nutrients you may want to consider supplementing — or flying south to get!

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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We're not filling up on appetizers

Dear Mr. Butler: I don't understand why people serve appetizers before dinner. I find that it generally either fills me up or my guests just eat them and then don't appreciate the dinner I made for them. What's the point and what are the guidelines?



CHARLES THE BUTLER
askcharles@metronews.ca
For more, visit
charlesmacpherson.com

Now in my opinion most hosts confuse a cocktail party from

the cocktail hour.

First, the "cocktail hour" before a sit-down dinner is not supposed to be a long event. Ideally, 30 to 40 minutes.

But since in most cases alcohol is being served so that your guests don't get drunk on an empty stomach prior to dinner, serving a small amount of food is a very good idea. This keeps both your stomach happy and whets your appetite in anticipation for dinner.

A cocktail party has no "sit-down" meal portion, so serving plenty of appetizers throughout the entire time guests are at your house drinking alcohol is appropriate and very necessary.

Remember we always need to serve food when serving alcohol. But the difference here



One bite, two bites, but never, ever more. ISTOCK IMAGES

is that since we don't have dinner, the appetizers are the meal being served, thus a great quantity is needed.

But remember, no matter what, appetizers should be one bite, maximum two, NEVER MORE!

The larger the appetizer the harder it is for people to eat, and this makes people both uncomfortable and often avoid a particular food item as they are afraid to make fools or a mess of themselves in the middle of your living room.



This couple probably won't live happily ever after. ISTOCK IMAGES

Did your dream date turn out to be a nightmare?

How romantic. Metro readers share some dating disaster stories

Valentine's Day has come and gone, but love is still in the air for Metro readers who were all too happy to share their dating stories; though these tales are more full-on disasters than happy-ever-afters.

Mike Kozubski

I had been talking to this girl on the phone who I met on a dating site about a

year after splitting from my wife, and thing things were going great.

I asked her out a few times, but every time she said to just come over, so one day I did. But when I got there, her place was a mess and all she wanted to do was get high and have a good time like a teenager. This woman was the same age as me, but still acted like she was 16. She had other guys phoning non-stop and she would stop and answer their calls to make dates, then try coming back to make out with me. It was too much

to handle, and I finally blew my top when I learned that she had just broken up with a 16-year-old and walked out.

Taggart Romkey

I stopped e-dating because I kept attracting weird and creepy people. I met this one girl who was my age (26) online. We decided to meet up, which was a bad idea. She showed up at Second Cup with a pacifier in her mouth. I kid you not. She told me she wanted me to be her daddy. I have since blocked her on my phone and Skype. She and

a few other creepy crawlers made me decide to avoid online dating.

Kris

I met a guy and just a few minutes into the first date, he said to me, perfectly deadpan, in the middle of a Tim Hortons: "I like to clean and do household chores for dominant women." I just said, "Hmmm. That's not quite what I'm looking for, I'm gonna go now!"

Thank goodness my next date was the one who turned out to be my husband. **METRO**

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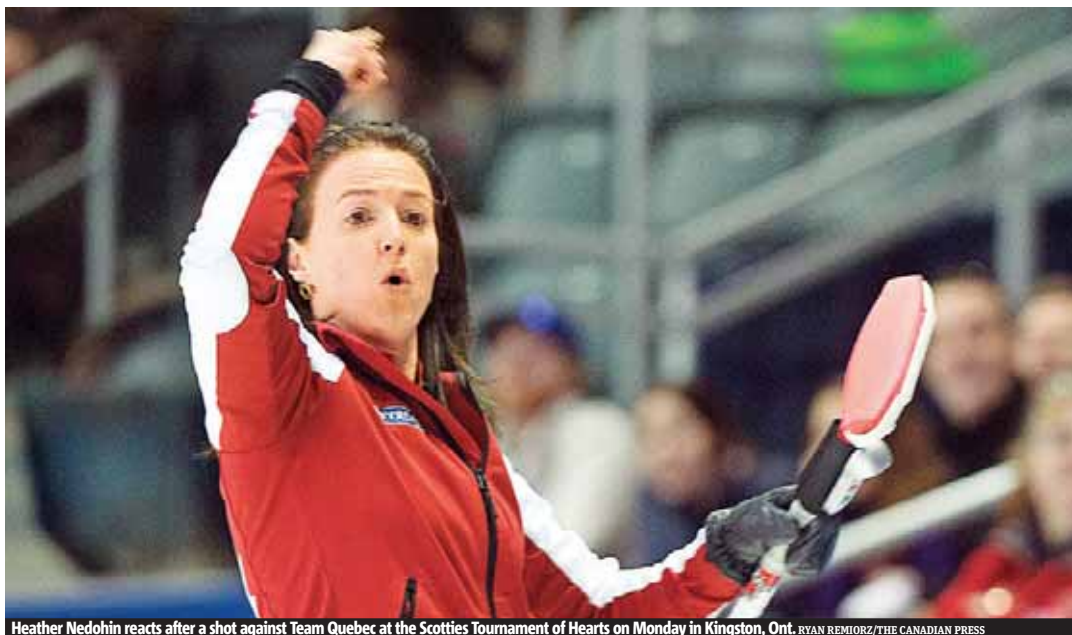
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Heather Nedohin reacts after a shot against Team Quebec at the Scotties Tournament of Hearts on Monday in Kingston, Ont. RYAN REMIOWZ/THE CANADIAN PRESS

Nedohin creating a stir at Scotties

Curling. Edmonton skip brings intensity and excitement to Team Canada's play

Team Canada's Heather Nedohin isn't just emotion and passion on the curling ice.

She's also a master tactician who thrives in pressure settings. Nedohin is as friendly as they come but packs an intensity-loaded wallop in competition.

Add it up and you've got a formula for success that's working once again at the Scotties Tournament of Hearts, this year in Kingston, Ont.

"She is an extremely determined and feisty individual," said Canadian lead Laine

Quoted

"She pumps us all up. She brings that excitement that makes us all feel that way."

Canadian lead Laine Peters on Team Canada skip Heather Nedohin

Peters. "A lot of that is so intrinsic. I don't think you can necessarily learn it; it's just in there."

"And she's got it." Nedohin recorded her fourth straight victory on Monday afternoon, needing only seven ends to complete a 12-2 rout of Quebec's Allison Ross. She improved to 5-0 later in the day with a 10-3 victory over Stacie Devereaux of Newfoundland and Labrador.

Manitoba's Jennifer Jones and Ontario's Rachel Homan also had 5-0 records after seven draws.

Jones defeated Kerry Galusha of the Northwest Territories/Yukon 9-1 in the evening draw while Homan beat New Brunswick's Andrea Crawford 7-5. Saskatchewan's Jill Shumay fell to 4-1 after dropping a 12-7 decision to Suzanne Birt of Prince Edward Island.

Nedohin is known for delivering ear-piercing orders to teammates Peters, Beth Iskiw and Jessica Mair down the sheet. The 37-year-old Edmonton skip will sometimes jump in the air, twirl her arms around or contort her body in odd positions when her stones enter the house.

"She does have composure when she's calling the game, but when she's calling line

Going for three

Heather Nedohin, a married mother of two, is trying to win her third national title.

- She picked up her first victory in 1998 on Cathy Borst's Alberta rink.

for her shots she's so crazy," Peters said with a laugh. "We see the replays and we kill ourselves laughing because she's so full of emotion and excitement."

The rink has been steady and consistent over the first three days of the tournament.

"I believe we're the same team as last year," Nedohin said. "We're just keeping it going."

THE CANADIAN PRESS

On-ice seizure

MacLeod released from hospital

A Columbus Blue Jackets minor leaguer who suffered a seizure on the ice was released from hospital on Monday.

A Springfield Falcons spokesman confirmed that Wade MacLeod was released from a Springfield, Mass., hospital a day after he had a seizure. The spokesman said he had no further information on the amount of recovery time MacLeod needs before he can resume playing.

"It was a play that is made many times throughout a hockey game," MacLeod said Monday via Twitter. "The result here was unfortunate but I am feeling much better."

The Falcons winger went into convulsions after he was checked into the glass, causing Sunday's game between the Falcons and Adirondack Phantoms to be suspended.

The 26-year-old Coquitlam, B.C., native was taken to hospital after he was checked by Adirondack defenceman Brandon Manning, who received a two-minute penalty for boarding on the play.

THE CANADIAN PRESS

MLB



"I'm not going to lose any sleep over it. If those guys feel I deserve to be there, then I deserve to be there. If they feel I don't, then that's OK, too."

Former pitcher Roger Clemens speaking on Monday about his exclusion from the Baseball Hall of Fame last month. Clemens was acquitted last year on charges he obstructed and lied to Congress in denying he used performance-enhancing drugs. The 35-4 game winner is at Houston Astros spring training as a special instructor.



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Disputed goal proves to be difference in Avs victory



Colorado Avalanche forward Jamie McGinn, left, celebrates scoring a goal with teammate P.A. Parenteau against the Nashville Predators on Monday in Denver. The Avs snapped a nine-game losing streak with a 6-5 win.

JOE MAHONEY/THE ASSOCIATED PRESS

NHL. Colorado ends 9-game losing streak against Nashville with favourable call

It took a disputed goal by Matt Duchene for the Colorado Avalanche to snap their string of nine straight losses to the Nashville Predators.

Colorado's star looked off-side on his second-period goal in the Avalanche's 6-5 win in a Monday matinee, but the officials ruled Nashville had brought the puck back into their zone.

"The league already verified that it should have been an offside," Nashville coach Barry Trotz said shortly after

the game.

"The explanation from the crew here was that we passed it back. We didn't pass it back. That's why they didn't blow the whistle. The league's already talked to us about it. There's no fix. It's just one of those things. Everybody has a bad day."

Including Nashville goaltender Chris Mason, who allowed six goals on just 18 shots before being replaced by Pekka Rinne, who turned back all 10 shots he faced over the final 24 minutes as the Predators made a furious rally from a three-goal deficit but came up just short.

When the Predators pulled their goalie and Shea Weber scored with 1:18 left to make it a one-goal game, Duchene's disputed goal loomed ever larger.

P.A. Parenteau had sent the puck up the ice and it deflected off Nashville defenceman Scott Hannan's stick and Predators forward Craig Smith's left skate on its way to a surprised Duchene, who looked over his shoulder before gathering it in and scoring as both Hannan and Smith pulled up.

THE ASSOCIATED PRESS

What happened?

"Even after I shot it, I thought maybe I missed something."

Colorado Avalanche forward Matt Duchene, who was among those who felt he was offside on a play in which he scored

NBA

Lakers owner Buss dead at 80

Jerry Buss, the Los Angeles Lakers' playboy owner who shepherded the NBA team to 10 championships from the Showtime dynasty of the 1980s to the Kobe Bryant era, died Monday. He was 80.

He died at Cedars-Sinai Medical Center in Los Angeles, said Bob Steiner, his assistant.

Buss had been in hospital for most of the past 18 months undergoing cancer treatment, but the immediate cause of death was kidney failure, Steiner said.

"The NBA has lost a visionary owner whose influence on our league is incalculable and will be felt for decades to come," NBA commissioner David Stern said. "More importantly, we have lost a dear and valued friend." THE ASSOCIATED PRESS



Jerry Buss THE ASSOCIATED PRESS FILE

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	36	14	.720	—
New York	32	18	.640	4
Indiana	32	21	.604	5 1/2
Brooklyn	31	22	.585	6 1/2
Atlanta	30	22	.577	7
Chicago	29	22	.569	7 1/2
Boston	28	24	.538	9
Milwaukee	26	25	.510	10 1/2
Philadelphia	22	29	.431	14 1/2
Toronto	21	32	.396	16 1/2
Detroit	21	33	.389	17
Cleveland	16	37	.302	21 1/2
Washington	15	36	.294	21 1/2
Orlando	15	37	.288	22
Charlotte	12	40	.231	25

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	42	12	.778	—
Oklahoma City	39	14	.736	2 1/2
L.A. Clippers	39	17	.696	4
Memphis	33	18	.647	7 1/2
Denver	33	21	.611	9
Golden State	30	22	.577	11
Utah	30	24	.556	12
Houston	29	26	.527	13 1/2
Portland	25	28	.472	16 1/2
L.A. Lakers	25	29	.463	17
Dallas	23	29	.442	18
Minnesota	19	31	.380	21
New Orleans	19	34	.358	22 1/2
Sacramento	19	35	.352	23
Phoenix	17	36	.321	24 1/2

Note: Division leaders ranked in top three positions regardless of winning percentage.

TUESDAY'S GAMES — ALL TIMES EASTERN

Toronto at Washington, 7 p.m.
Charlotte at Orlando, 7 p.m.
Memphis at Detroit, 7:30 p.m.
Milwaukee at Brooklyn, 7:30 p.m.
Chicago at New Orleans, 8 p.m.
Boston at Denver, 9 p.m.
Golden State at Utah, 9 p.m.
Phoenix at Portland, 10 p.m.
San Antonio at Sacramento, 10 p.m.

WEDNESDAY'S GAMES

Memphis at Toronto, 7 p.m.
New York at Indiana, 7 p.m.
Detroit at Charlotte, 7 p.m.
New Orleans at Cleveland, 8 p.m.
Philadelphia at Minnesota, 8 p.m.
Brooklyn at Milwaukee, 8 p.m.
Oklahoma City at Houston, 8 p.m.
Miami at Atlanta, 8 p.m.
Orlando at Dallas, 8:30 p.m.
Boston at L.A. Lakers, 10:30 p.m.
Phoenix at Golden State, 10:30 p.m.

THURSDAY'S GAMES

Miami at Dallas, 8 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	16	11	5	0	52	38	22
New Jersey	16	9	3	4	42	38	22
NY Rangers	14	8	5	1	38	35	17
Philadelphia	17	7	9	1	45	49	15
NY Islanders	15	6	8	1	45	54	13

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	15	10	4	1	43	34	21
Boston	13	9	2	2	37	31	20
Toronto	16	10	6	0	46	36	20
Ottawa	16	8	6	2	37	31	18
Buffalo	16	6	9	1	46	54	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	14	8	5	1	41	40	17
Tampa Bay	14	7	6	1	55	45	15
Florida	15	4	7	4	35	56	12
Winnipeg	14	5	8	1	35	46	11
Washington	15	5	9	1	41	51	11

MONDAY'S RESULTS

Ottawa 2 New Jersey 1 (SO)
Philadelphia 7 NY Islanders 0
Colorado 6 Nashville 5
Montreal 3 Carolina 0
Toronto 3 Florida 0
Phoenix 4 Calgary 0
Columbus at Anaheim

TUESDAY'S GAMES — ALL TIMES EASTERN

Montreal at NY Rangers, 7 p.m.
Winnipeg at Buffalo, 7 p.m.
NY Islanders at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
San Jose at St. Louis, 8 p.m.
Detroit at Nashville, 8 p.m.
Vancouver at Chicago, 8:30 p.m.
Los Angeles at Edmonton, 10 p.m.

WEDNESDAY'S GAMES

Philadelphia at Pittsburgh, 7:30 p.m.
St. Louis at Colorado, 10 p.m.
Los Angeles at Calgary, 10 p.m.

THURSDAY'S GAMES

Florida at Philadelphia, 7 p.m.
New Jersey at Washington, 7 p.m.
Buffalo at Toronto, 7 p.m.
Winnipeg at Carolina, 7 p.m.
NY Islanders at Montreal, 7:30 p.m.
NY Rangers at Ottawa, 7:30 p.m.
Boston at Tampa Bay, 7:30 p.m.
Columbus at Detroit, 7:30 p.m.
Vancouver at Dallas, 8:30 p.m.
Minnesota at Edmonton, 9:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	15	12	0	3	51	31	27
St. Louis	15	9	5	1	52	48	19
Nashville	16	7	4	5	35	35	19
Detroit	15	7	6	2	40	44	16
Columbus	15	4	9	2	34	48	10

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	14	8	3	3	41	33	19
Minnesota	15	7	6	2	33	38	16
Edmonton	14	6	5	3	35	38	15
Colorado	14	6	7	1	37	43	13
Calgary	14	5	6	3	39	51	13

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	14	11	2	1	50	37	23
Phoenix	16	8	6	2	44	41	18
San Jose	14	7	4	3	37	33	17
Dallas	16	8	7	1	41	43	17
Los Angeles	13	5	6	2	30	36	12

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MAPLE LEAFS 3, PANTHERS 0

First Period
1. Toronto, Kessel 3 (van Riemsdyk) 17:04
Penalties — Orr Tor (Fighting) 2:41, Parros Flo (Fighting) 2:41.

Second Period
2. Toronto, Kadri 5 (Phaneuf, MacArthur) 12:13 (pp)

3. Toronto, MacArthur 3 (Kadri, Franson) 13:57
Penalties — Franson Tor (Interference) 6:21, Komarov Tor (Diving) 7:28, Campbell Flo (Interference) 7:28, Fleischmann Flo (Hooking) 10:47, Strachan Flo (Fighting) 14:43, McLaren Tor (Fighting) 14:43, Gudbranson Flo (Cross-checking) 15:37, Komarov Tor (Diving) 15:37.

Third Period
No Scoring

Penalties — Kovalev Flo (Tripping) 7:18, Kessel Tor (Hooking) 11:58, Kessel Tor (Tripping) 17:50.

Shots
Toronto 12 14 6—32
Florida 14 11 12—37

Goal — Toronto: Scrivens (W, 4-3-0).
Florida: Theodore (L, 4-6-2).

Power plays (goal-chances) — Toronto: 1-2.
Florida: 0-3.

Referees — Rob Martell, Kelly Sutherland.
Linesmen — Steve Barton, Brad Kovachik.
Attendance — 17,177 at Florida.

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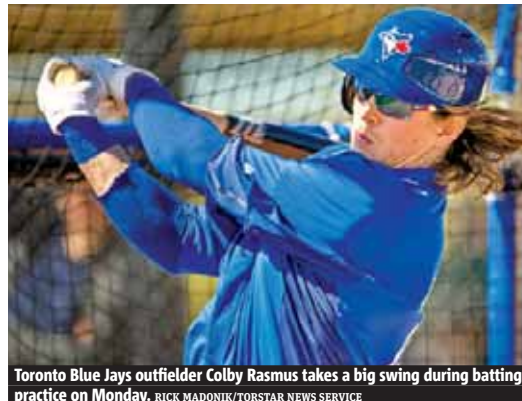


Rasmus not worrying about future with Jays

MLB. Jays outfielder says he's focused on getting better, not on securing himself a long-term deal

This is a make-or-break season for Blue Jays centre-fielder Colby Rasmus. The 26-year-old veteran, in his fifth major-league season, is right in GM Alex Anthopoulos' contractual wheelhouse for locking in core players to multi-year deals. It remains up to Rasmus to prove he's a core player and he must get it done early in the season, since the Jays are earnest in going for the gold.

However, personal job security and a guaranteed future for his family is not something that weighs heavily on his mind as camp opens. Rasmus laughs and maintains his priorities are not year-to-year, or day-to-day, but more minute-to-minute in how he needs to improve his performance.



Toronto Blue Jays outfielder Colby Rasmus takes a big swing during batting practice on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

"I like being here, but (a long-term deal) is not really in my thought process right now," Rasmus said. "My thought process is focusing on what I'm doing, five, 10, 15 minutes from now. Getting myself ready to play these games, getting myself ready for the season to start, working on my ability to play.... The World Series and the rest will take care of itself."

Rasmus had been obtained at mid-season, 2011, from the Cardinals, after a public feud with manager Tony LaRussa. He has since struggled to fit in for his season and a half in Toronto.

Working with new primary Jays hitting coach Chad Mottola, the left-handed hitting outfielder is still early on in this new teacher-student

Quoted

"I feel like when I've been the best is when I'm aggressive, ready to get up there, not think of nothing and just ready to whack something when it looks good."

Toronto Blue Jays centre-fielder Colby Rasmus on his approach at the plate.

relationship.

Mottola is working with Rasmus to make things as simple as possible to clear his head and raise his production to numbers long predicted.

"That's my job as a coach to make those adjustments," Mottola explained. "I want to keep things as simple as possible in their heads and not always worry about the other guy. A lot of times, simple hitters are the best hitters, so I want things as simple as possible. It's working on his strengths." **TORSTAR NEWS SERVICE**

GET INVOLVED

This year, the City of Edmonton will install 23 km of on-street bike routes. These meetings will be an opportunity to learn more and share your feedback. You can also view the design plans and provide your input online at edmonton.ca/cycling.

TUESDAY, FEBRUARY 12, 2013 Hazeldean School, 6715-97 Street
6 p.m. to 8:30 p.m. | Presentation offered at 6:30 p.m. and 7:30 p.m.

WEDNESDAY, FEBRUARY 20, 2013 Crestwood School, 9735-144 Street
6 p.m. to 8:30 p.m. | Presentation offered at 6:30 p.m. and 7:30 p.m.

Route Locations

95 Avenue

- » 95 Avenue (145 St to 189 St)
- » 145 Street (95 Ave to 96 Ave)
- » 96 Avenue (142 St to 145 St)
- » 142 Street Service Roads (96 Ave to Summit Dr)

81 Street

- » 81 Street (119 Ave to Yellowhead Tr)
- » 119 Avenue (76 St to 82 St)
- » 78 Street (117 Ave to 119 Ave)

Saddleback Road

- » 112 Street (Saddleback Rd to 30 Ave)
- » 31 Avenue (30 Ave to 113 St)
- » 113 Street (31 Ave to 34 Ave)
- » Saddleback Road (111 St to 112 St)
- » 25 Avenue (Saddleback Rd to 119 St)

115/116 Street

- » 116 Street (71 Ave to 73 Ave)
- » 73 Avenue (115 St to 116 St)
- » 115 Street (73 Ave to University Ave)

114/115 Street

- » 114 Street (34 Ave to 44A Ave)
- » 115 Street (46 Ave to 60 Ave)

106 Street & 40 Avenue

- » 106 Street (34 Ave to 51 Ave)
- » 40 Avenue (106 St to 119 St)

76 Avenue & 100 Street

- » 76 Avenue (78 St to 100 St)
- » 100 Street (76 Ave to Saskatchewan Dr)

97 Street

- » 97 Street (63 Ave to 82 Ave)

132 Avenue

- » 132 Avenue (82 St to 91 St)

Strategy > Concept > **DESIGN** > Build > Operate

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Horoscopes

Aries

March 21 - April 20

Your duties and chores may be restricting you to one place but don't let it stop you from looking further ahead. Start making plans now. The day when you can do something with them may not be far away.

Taurus

April 21 - May 21

As an Earth sign, you usually stick with the same old routines but if you try something different today, the element of surprise could work in your favour. You may even surprise yourself by how much you enjoy it.

Gemini

May 22 - June 21

The next few days will be hugely important for those Geminis who want to move up in the world. The Sun in the career area of your chart is on your side. Only fear of success can hold you back.

Cancer

June 22 - July 23

Someone needs your support today. You may not entirely approve of the choices they have made but you will be there for them nonetheless. You may even be secretly impressed that they refuse to follow the herd.

Leo

July 24 - Aug. 23

If you can't make others understand what you are trying to explain, don't worry about it. This is one of those times when everyone is likely to get things mixed up, but it will all make sense in the end.

Virgo

Aug. 24 - Sept. 23

You might as well be more tolerant today because partners and loved ones will do their own thing whether or not you approve. In fact, if they know you object they may take delight in doing it all the more.

Libra

Sept. 24 - Oct. 23

Resist the urge to interfere in other people's private affairs today. If you stick your nose where it isn't asked for and isn't wanted, you could find that you do unite the warring factions — against you!

Scorpio

Oct. 24 - Nov. 22

It seems you are missing one final piece of a puzzle that has been annoying you and you may find it today. When you do, don't be surprised if the picture looks different than what you expected.

Sagittarius

Nov. 23 - Dec. 21

The Sun in Pisces at this time of year makes loved ones a bit sensitive, especially to criticism, so keep your Sagittarian habit of calling it as you see it under control. You don't always have to tell the truth.

Capricorn

Dec. 22 - Jan. 20

Honesty is always the best policy — but it cuts both ways. If someone says something you disagree with today, you should look at their remarks closely before you hit back. Maybe there's some truth to them.

Aquarius

Jan. 21 - Feb. 19

For some strange reason almost everyone you meet lately wants to be helpful, to do you favours. Should you take advantage of the situation? You most certainly should! It may be a long time before you are this popular again.

Pisces

Feb. 20 - March 20

Even if you are not a particularly ambitious Piscean, the Sun's journey through your sign over the next few weeks will ignite your desire to make something of yourself. Bigger and better things await you.

SALLY BROMPTON

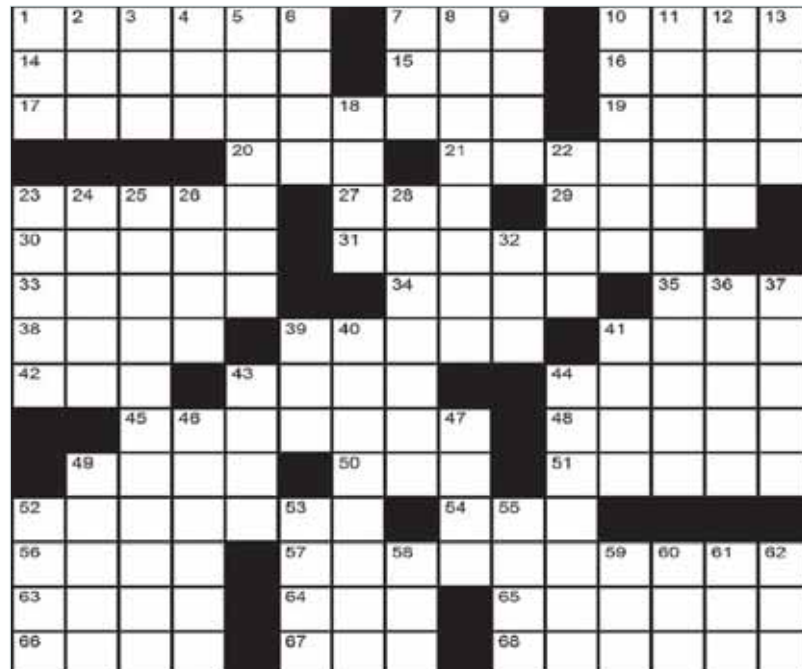
Crossword: Canada Across and Down

Across

- Canadian star of "Grey's Anatomy", ___ Oh
- Typing-efficiency meas.
- Briefly get ready
- Hawaiian greetings
- "___haw!"
- Lively circle dance
- Ottawa's ___ Buildings
- Departed one's bio
- Compass dir.
- Anne Hathaway's Oscar-nominated role in "Les Misérables"
- Early-'80s Tom Hanks sitcom, "___ Buddies"
- MLB's Diamondbacks, on scoreboards
- 'Chamel' completers
- Prefix to 'violet'
- Most profound
- Oscar-winner Sophia
- Happy
- Clock's l'il time segments
- "The Brady Bunch" son
- Cram
- Laboratory bottle
- Summer clock setting [acronym]
- Don't pass
- "___ bleul!"
- "Oh What a Feeling" band
- Signed, as a deal
- Norse thunder god
- Period
- Tavern orders
- What \$20 bills are made of
- Sault ___, Marie, Ontario
- 'Hypn' suffix
- RRRoll Up the Rim to Win chain: 2 wds.
- Same: French
- Wee weekday
- Greek Myth: Muse of astronomy
- Some punk music fans
- 'Enthusi' ender
- High school in "Grease" (1978)

Down

- Exhaust

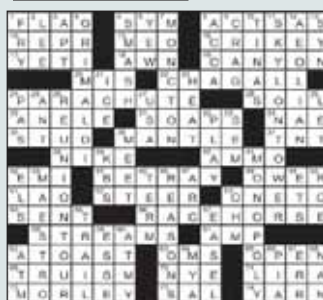


- Birmingham's l'il state
- Agatha Christie novel, ___ M?
- FedEx rival
- Dustin Hoffman/Tom Cruise Oscar-winning film: 2 wds.
- Wise ___ owl: 2 wds.
- X's spelled-out follower
- Montreal Neurological Institute founder, Dr. Wilder ___
- Prefix to 'morphosis'
- Pics
- Canadian actor Alan's singer/songwriter son: 2 wds.
- "Happy Days" actress Ms. Moran's

- Cracker topping
- Honey drink
- Require
- WWII's Battle of the ___
- "___" (Prayer opener)
- Celeb's long ride to the Oscars?: 2 wds.
- Portland, ___
- Frequent customer
- Salary
- More unique
- Toboggans
- Viewed
- Captain James T. Kirk ...the 'T.' stands for what?

- Weather ___ (Barn topper)
- Shape
- "Mimi on the Beach" singer
- Posh cars, Rolls-___
- Foolhardy
- Symbolic pole
- Apple or pear, in botany
- "At Last" singer Ms. James
- ___ of duty
- "How I ___ Your Mother"
- Small amount
- U2 song
- Nothing
- Pizzeria owner in "Do the Right Thing" (1989)"

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -9°
MIN: -12°



MAX: -6°
MIN: -12°



MAX: -7°
MIN: -16°



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Reg: \$40,639
Discount: \$13,141

CLEAROUT: \$27,498 LEASE ME **\$174 B/W** OWN ME **\$157 B/W**



#3806

NEW 2012 RAM 1500

Reg: \$28,869 Discount: \$10,879

CLEAROUT: \$17,990

LEASE ME **\$128 B/W** OWN ME **\$105 B/W**



#7581

NEW 2012 FIAT 500

Reg: \$17,994 Discount: \$4,504

CLEAROUT: \$13,490

LEASE ME **\$89 B/W** OWN ME **\$79 B/W**



#6968

NEW 2013 DODGE AVENGER

Reg: \$21,189 Discount: \$6,199

CLEAROUT: \$15,990

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#3077

NEW 2013 DODGE GRAND CARAVAN

Reg: \$30,319 Discount: \$9,421

CLEAROUT: \$20,898

LEASE ME **\$139 B/W** OWN ME **\$120 B/W**



#2750

NEW 2013 DODGE JOURNEY

Reg: \$23,669 Discount: \$2,971

CLEAROUT: \$20,698

LEASE ME **\$139 B/W** OWN ME **\$119 B/W**



#8322

NEW 2012 DODGE JOURNEY R/T AWD

Reg: \$36,694 Discount: \$7,704

CLEAROUT: \$28,990

LEASE ME **\$195 B/W** OWN ME **\$170 B/W**

LEATHER,
S/ROOF



#4808

NEW JEEP PATRIOT NORTH 4x4

Reg: \$29,214 Discount: \$5,224

CLEAROUT: \$23,990

LEASE ME **\$168 B/W** OWN ME **\$140 B/W**



#5999

NEW JEEP GR CHEROKEE LTD EDITION

Reg: \$53,044 Discount: \$10,054

CLEAROUT: \$42,990

LEASE ME **\$266 B/W** OWN ME **\$251 B/W**



#6759

NEW RAM 1500 CREW LARAMIE 4X4

REG: \$55,004 DISCOUNT: \$17,014

CLEAROUT: \$37,990

LEASE ME **\$261 B/W** OWN ME **\$222 B/W**



#1057

NEW 2013 DODGE RAM QUAD CAB SLT

Reg: \$46,534 Discount: \$16,544

CLEAROUT: \$29,990

LEASE ME **\$187 B/W** OWN ME **\$176 B/W**

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#3385

NEW 2012 RAM 2500 LONGHORN CREW 4x4

Reg: \$63,634 Discount: \$14,644

CLEAROUT: \$48,990

LEASE ME **\$305 B/W** OWN ME **\$288 B/W**



#7081

NEW 2012 DODGE 2500 POWERWAGON 4x4

Reg: \$53,914 Discount: \$12,924

CLEAROUT: \$40,990

LEASE ME **\$264 B/W** OWN ME **\$240 B/W**



#5198

NEW 2012 RAM 3500 LARAMIE CREW CUMMINS 4x4

Reg: \$73,914 Discount: \$18,924

CLEAROUT: \$54,990

LEASE ME **\$348 B/W** OWN ME **\$322 B/W**



#3876

NEW 2012 RAM 3500 CREW SXT 4X4 CUMMINS DUALY

Reg: \$62,834 Discount: \$16,844

CLEAROUT: \$45,990

LEASE ME **\$292 B/W** OWN ME **\$269 B/W**



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Brad McDonald



Bill Senchuk



Aaren Schroeder



Keith Bedard



Dale Sauer



Ron Blonar



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